

Ingredients:

- 2 cups strawberries cut into halves
- 1 cup 100% orange juice
- 4 (7 oz.) paper cups
- 4 craft sticks or plastic spoons

Icy Fruit Pops
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Directions:

1. Wash hands with warm water and soap. Wash fresh fruits before preparing.
2. Place fruit and orange juice in blender container.
3. Put lid on tightly and blend until smooth.
4. Pour mixture into four paper cups. Place cups in freezer until partially frozen, about 1 hour.
5. Place craft sticks or plastic spoons in center of cups. Place in the freezer for 3 hours or until firm.
6. To serve, peel away paper cup or run paper cup under warm water to loosen the fruit pop.
7. Serve cold.

Nutrition Facts (Per Serving)

Calories 60; Carbohydrate 13 g; Protein 1 g; Total Fat 0 g; Saturated F at 0 g; Trans Fat 0 g; Cholesterol 0 mg; Fiber 2 g; Total Sugars 10 g; Sodium 5 mg; calcium 13 mg; folate 20 mcg; iron 0 mg; percent calories from fat 0%.

Makes 4 servings (1 fruit pop per serving)

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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